

Bienestar Health Program

4th Grade Health Curriculum
Student Workbook

Health Heroes

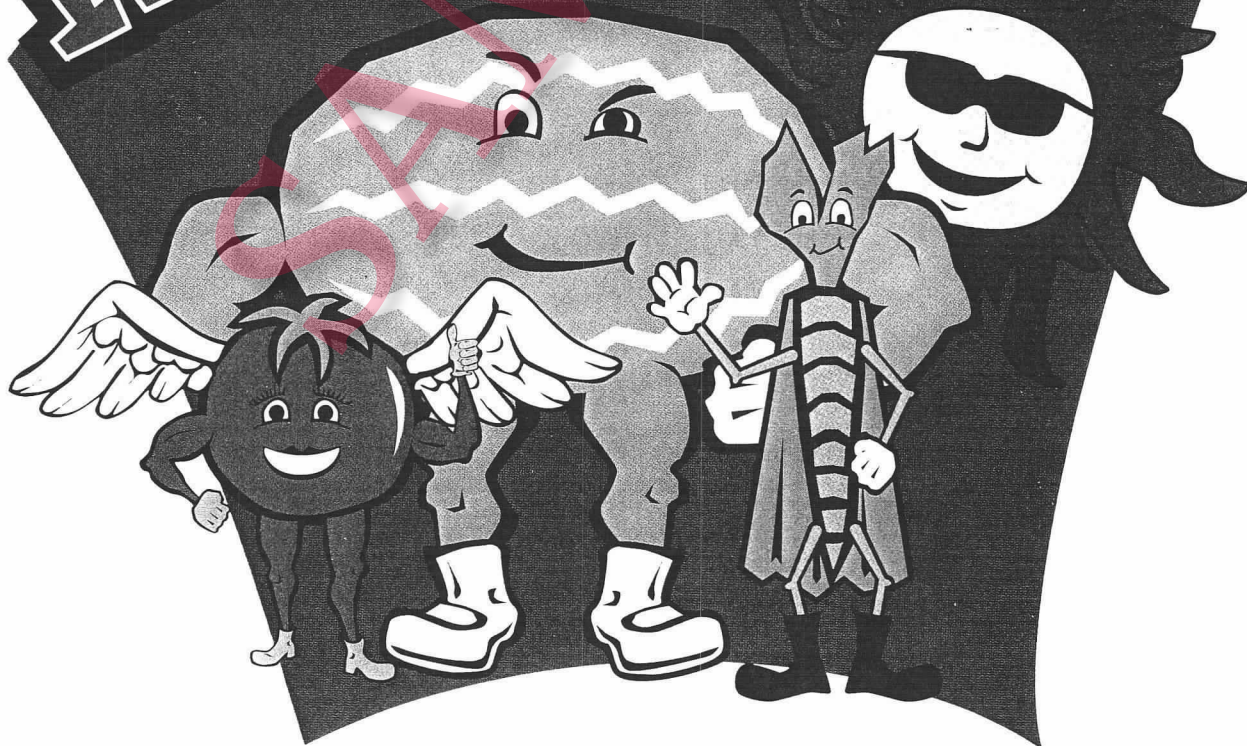


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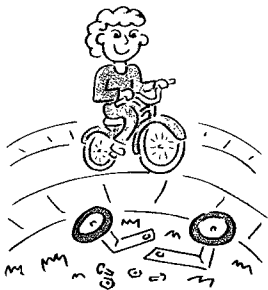
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	Introduces the importance of following healthy living guidelines for the prevention of diabetes and other serious health problems — eating in moderation, getting lots of exercise and getting enough sleep.	
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	Defines Type 1 and Type 2 diabetes, provides an explanation of the warning signs of diabetes and what happens in the body when a person has diabetes.	
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Healthy Living Guidelines

Three (3) habits you should do everyday.

Guideline 1 – Eat in moderation

- Stop eating when you feel full.
- Eat only when you are hungry.
- Don't eat too much at a meal or during the day.
- Eat breakfast.
- Eat food high in fiber like fruits and vegetables and food made with grains.



Guideline 2 – Get lots of exercise everyday

- Play at home and move around.
- Play at school during recess.
- Help with chores around the house.
- Play on a sports team.

Guideline 3 – Get 9-10 hours of sleep every night

- Helps your body grow and stay healthy.
- Helps your body repair itself.
- Improves energy levels.
- Improves thinking and learning ability.

